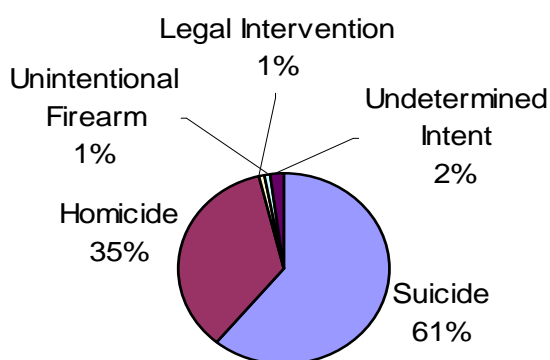


# SUICIDES IN NORTH CAROLINA

North Carolina has a new system to collect data on deaths from violence: homicides, suicides, legal interventions, unintentional firearm deaths, and deaths due to undetermined intent. It is called the North Carolina Violent Death Reporting System (NC-VDRS). It is a population-based, public health database managed by the North Carolina Department of Health and Human Services, Division of Public Health. Data on victims, suspects, weapons, circumstances, and their interrelationships are received from death certificates, the Medical Examiner's Office, and law enforcement agencies around the state. The NC-VDRS puts this data together to help develop interventions.

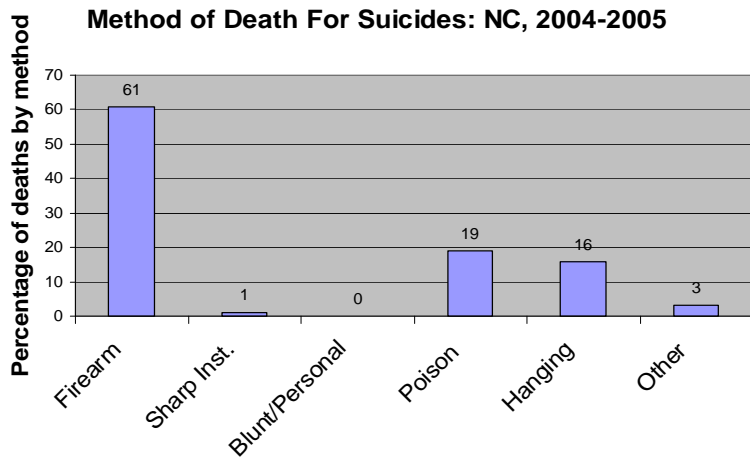
**Manner of Death: NC, 2004-2005**



- In 2004-2005, a total of 3,498 violent deaths occurred in North Carolina.
- There were 2,065 suicides (61%), 1,271 homicides (35%), 40 unintentional firearm deaths (1%), 38 deaths from legal interventions (1%), and 86 deaths that the Medical Examiner's Office found to be of undetermined intent (2%).

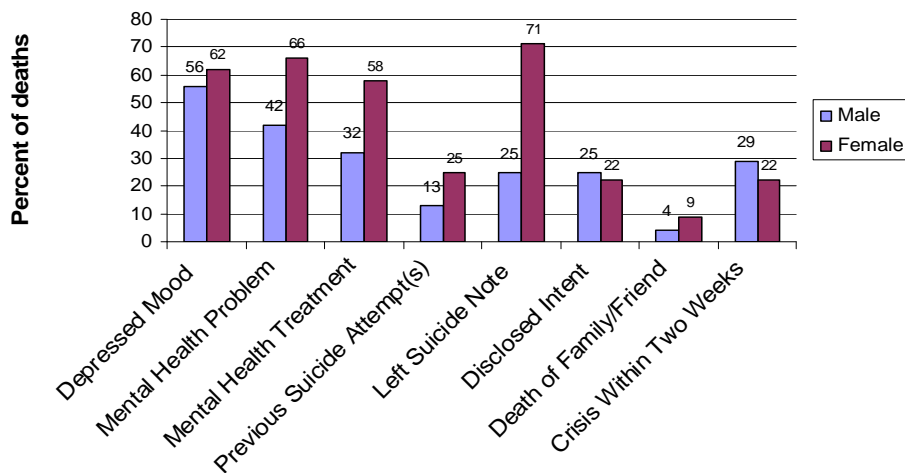
- Suicides have been found to occur in teens, peak at mid-life, decline slightly for a few decades and then increase as the population ages.
- 77% of the suicide victims were men and 23% were women.
- Most suicides occurred in white residents (88%); less than 11% of the victims were African-American.

**Method of Death For Suicides: NC, 2004-2005**



- The majority of suicides (61%) were completed by the use of firearms.
- The second most-used method for suicides was poisoning/drugs.
- The third most common method was hanging/ strangulation and suffocation.

### Suicide Circumstance: NC, 2004-2005



- More than half of the suicide victims were in a depressed mood when they died (56% for men, 62% for women).
- Two-thirds of the women who died by suicide had a current mental health problem (66%), while less than half of the men did (42%).
- It was more common for women to leave a suicide note than it was for men (71% versus 25%).

More information on suicide prevention efforts can be found at:

#### State Resource Partners

##### **Mental Health Association in North Carolina, Inc.**

Contact: Romaine E. Riddle 919-866-3272  
[www.mha-nc.org](http://www.mha-nc.org)

##### **N.C. Division of Mental Health, Developmental Disabilities and Substance Abuse Services**

[www.ncdhhs.gov/mhddsas](http://www.ncdhhs.gov/mhddsas)

##### **North Carolina Office of the Chief Medical Examiner**

Contact: Krista Ragan, Child Death Investigator, 919-445-4414  
[www.ocme.unc.edu](http://www.ocme.unc.edu)

##### **The Triangle Consortium for Suicide Prevention**

Contact: Phil Morse  
[www.trianglesuicideprevention.org](http://www.trianglesuicideprevention.org)

##### **VA Medical Center Durham, North Carolina**

Contact: Gary H. Cunha, Suicide Prevention Coordinator, 919-286-0411 ext. 7460  
[www.durham.va.gov](http://www.durham.va.gov)

##### **Youth Advocacy and Involvement Office, Students Against Destructive Decisions**

Contact: Harriett Southerland 919-789-5880  
[www.doa.state.nc.us/yaio](http://www.doa.state.nc.us/yaio)

#### National Resources

##### **The Suicide Prevention Resource Center**

[www.sprc.org](http://www.sprc.org)

##### **The American Foundation for Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

##### **The American Association of Suicidology**

[www.suicidology.org](http://www.suicidology.org)

The North Carolina Violent Death Reporting System is supported by Cooperative Agreement U17/CE423098-06 from the Centers for Disease Control and Prevention (CDC).